

**Welcome to the doctoral student course:
Finish on time and feel good along the way**

Many doctoral students feel that a duality characterizes their PhD studies; on the one hand, there is an incredible amount of freedom and time to work with the subject one is passionately interested in; on the other hand, that freedom leads to too loose frameworks. This course provides solid techniques and new strategies to finish on time and feel good along the way. The course leader is Åsa Burman, docent in practical philosophy and author of the course book *The Doctoral Student Handbook: Master Effectiveness, Reduce Stress and Finish On Time*. The course is open to all doctoral students at Stockholm University, and the course book is included. During the spring of 2025, the course will be given in English. Location: Aula Magna: Mimer (including coffee and sandwiches during the first and last session workshop).

Register by sending an email to forumfd_humvet@su.se. Please mark the subject line of the email: Doctoral student course. There are a limited number of seats available. The same email address can be used for questions about the course. Welcome!

”For me, it has had an enormous impact on my everyday life. I get more done in my working hours and no longer have to work evenings or weekends.”

- Course participant

Group 1: PhD students who are new or have reached less than halfway

Workshop 1 – Academic productivity

From efficiency to effectiveness: How do I use the 80/20 principle in my thesis work?

Date: 27th of January, at 13-16.

Workshop 2 – Academic productivity

From vague visions to concrete goals: How do I set realistic goals?

Date: 17th of February, at 13-16.

Workshop 3 – Academic writing

From perfectionism and procrastination to flow

Date: 17th of March, at 13-16.

Workshop 4 – Sustainable working methods

The demand-control-support model

Date: 7th of April, at 13-16

Workshop 5 – Academic productivity

Individual session (optional).